

# EX-Ls

## The Lawrence Berkeley Lab Retirees Association

The EX-Ls, founded in 1982, is an association for retired and other former employees of Lawrence Berkeley National Laboratory. It allows members to enjoy and benefit from continued association with the Lab and with their fellow employees. Currently there are ~230 EX-Ls members.

The group holds quarterly luncheons, currently at Spenger's in Berkeley, featuring speakers who give us an update on research at the Lab or discuss topics of general interest. Recent speakers, for example, have talked about restoration of old audio recordings; a trek to K2 base camp; new results in breast cancer research; IceCube, a neutrino observatory at the South Pole; and an overview of LBNL science programs.

The EX-Ls is part of the Lab's Employees Activities Association, which gives members access to the activities of that Association. For example, EX-Ls members who express an interest in doing so receive invitations to the local art and cultural events sponsored by the Employees Arts Council, including private, docent-led tours of major shows at the Fine Arts Museums of San Francisco. All LBNL retirees (whether or not they belong to the EX-Ls) are also eligible to participate in the activities of the UC Berkeley Retirement Center; see thecenter.berkeley.edu/history.html

The EX-Ls is governed by a board of elected officers which meets quarterly. The group publishes a quarterly newsletter, the EX-Ls EX-PRESS. It contains information about the upcoming luncheon and speaker, board actions, and news of members' activities. A membership roster is included with the November newsletter each year.

## For more information, see www.lbl.gov/ex-l-express/









#### Come Join Us!

Annual dues of \$15.00 are assessed each January after the first year of membership, i.e., the first calendar year is free. Membership also includes the spouse of the ex-employee.

To join, please complete the application below and send it to:

LBNL EX-Ls 1925 Walnut Street #1550 Berkeley, CA 94720

Name:	
Spouse:	
Date:	Year Retired:
Address:	
Phone:	
Email:	

### **Questions?**

Contact: Kay Bristol 510-665-8022 kbristol@Berkeley.edu